

**SWIM
IRELAND**

Munster

Munster SC Championships

ENTRY CONDITIONS

Provisional License 4S 24/25 – M008

University of Limerick

Munster Short Course Championships 2024

Venue:	UL Arena, University of Limerick
Date	15th – 17th November 2024.
Sessions :	<p>Session times will be confirmed after receipt of entries; provisional session times: Friday – Saturday – Sunday: Morning: Warmup 08.30- Start 09.30 Afternoon Warmup 15.00 – Start 16.00 Female Warm Up followed by Open Warm Up</p> <p>As per Swim Ireland instruction, all events are now categorised Female and Open in line with the Swim Ireland Transgender and Non Binary Participation and Competitive Policy.</p>
Age:	Age as 31 st December 2024
Age Groups:	<p>Minimum entry age 13 years All events are Open – no Age Classification. Age Classification is in place for qualification as set out below</p> <p>Relays are Mixed Age Group (Female Category) and Mixed Age Group (Open Category). Clubs may enter a maximum of two relay teams per relay event</p>
Seeding:	The placing of competitors in the heats will be spearheaded and swum <u>slowest to fastest</u> . Clubs not submitting an entry time for relay teams will be seeded in the slowest heat.
Heats & Finals:	All 50m, 100m and 200m events will have heats and “A” and “B” finals. Where there are less than 24 entrants in an event there will be an “A” final ONLY. Relays, 400m, 800m and 1500m events will be HDW and will be swum with the heats except the fastest individual heats will be swum in finals.
Withdrawal:	<p>Withdrawals from must be made via microsoft forms on this link https://forms.office.com/e/7s9ndSbDAX before 5pm on the day before the start of the meet. Withdrawals for subsequent days must be submitted by 6pm the previous day, i.e. for day 2, withdrawals must be submitted by 6pm on day 1. There will be a €50 fine if swimmers are not withdrawn by 6pm for an event for the next day.</p> <p>Signing in may be required for 400m and longer events.</p>
Entries Deadline:	Closing date for entries is 31 st October 2024.
Entry Fees:	<p>Individual entries cost €10.00 per event. Relay entries cost €30.00 per event.</p> <p>Fees should be paid directly into the bank account by November 4th 2024, and must include the name of the club and the name of the meet. Payment should be received at least 10 days prior to the meet Bank details BIC – AIBKIE2D IBAN – IE70AIBK93251559772394</p> <p>No entry will be processed until the appropriate fee has been received by the Treasurer. Payment options are detailed in the Entry Summary Sheet.</p> <p><i>Please note that entries are non-refundable once the final date for payment has passed</i></p>
Individual Entries:	<p>All swimmers entering the Munster Short Course Championships must be a member of a Swim Munster affiliated club, or be training at the National Centre Limerick.</p> <p>Entries must be submitted electronically to munsterentries@swimireland.ie using Hy-tek Team Manager. The Swim Ireland Registration number or equivalent for each swimmer must be included in the file.</p> <p>Long Course & Short Course Qualifying and Consideration Times have been published for this event and must be achieved in a Level 2, Level 3 Licensed Meet between January 1st 2023 and 30th October 2024.</p> <p>Long course times must be converted to short course – unconverted long course times will not be accepted.</p> <p>Swimmers achieving consideration times will be accepted for entry unless the individual event is over-subscribed. If it is necessary to reject entries, this will be done based on entry time, slowest to fastest, excluding swimmers with an entry time equal to or faster than the Qualifying Times published, who will be guaranteed entry.</p>

	Proof of times must be submitted with entries.
Relay Entries:	<p>Relays are Mixed Age Group (Female Category) and Mixed Age Group (Open Category). Clubs may enter a maximum of two relay teams per relay event.</p> <p>Clubs must enter up to 8 swimmers at the time of submitting entries and generate an entry time on Hy-tek. Clubs can use swimmers who have no individual events providing their names are on the team lists submitted with the entries. Please note that Clubs must adhere to the Club Transfer rule of 12 weeks when entering Relay Teams.</p> <p>The names of the 4 relay team members swimming in the race and the order of swimming must be declared on the official Team Declaration Sheet and submitted to munsterentries@swimireland.ie or to the Swim Office Table no later than 18:00 on the day before the relay. Failure to do so will be subject to a fine of €50 without exception and disqualification of the relay team.</p> <p>All competing swimmers must be entered in the meet (<i>even if they are not swimming in individual events</i>). Relay teams that swim in an order that is different from the declared order of swimming shall be disqualified in accordance with FINA Rule SW 10.12.</p>
Awards:	<p>Medals are awarded for top-3 placings overall – individual events and relays.</p> <p>Swimmers from non-Munster clubs are ineligible for medals.</p>
Anti-Doping:	It is a condition of attending a Swim Ireland event that swimmers may be required to be tested for prohibited substances in accordance with the Sport Ireland/WADA/FINA Anti-Doping rules. For further information visit the Anti-Doping section of the Sport Ireland website .
Eligibility:	Only swimmers registered with Swim Ireland or equivalent national swimming association are eligible to enter this meet.
Swim Ireland Registration Number:	A Swim Ireland registration number must be included with every entry. This number is the unique identifier of every swimmer in the national database. For non-Irish swimmers, a registration number with the relevant national swimming association should be provided.
Swimsuits:	All swimsuits must comply with FINA regulations and should bear the FINA approved stamp (https://www.fina.org/sites/default/files/frsa.pdf)
Photography :	<p>It is a condition of attending a Swim Ireland event that swimmers accept they may be photographed or filmed as part of the occasion, either as an individual or as a member of a group. Swimmers may also appear in a photograph or video inadvertently. Parents and swimmers must accept this. All photography and/or filming must be in accordance with Swim Ireland Guidelines.</p> <p>Photographs cannot be taken at a Swim Ireland Munster event without first having registered the photographer and device at the administration desk. At some events, photography and filming may not be permitted at all.</p>
Health & Safety:	Please refer to the Health & Safety guidelines and also the Swim Ireland Code of Practice for Safety (Swimming) on the Swim Munster website - https://www.swimmunster.ie/munsterswimming/UserFiles/File/final-issue-swim-ireland-safety-code-of-practice-swimming_023665.pdf
Transgender and Non - Binary Participation and Competition Policy	<p>In line with the Swim Ireland Transgender and Non-Binary Policy all gender categories for Club, Regional and National events must align with the policy (Swim Ireland Transgender and Non-Binary Participation and Competition Policy - Swim Ireland).</p> <p>Gender categories will now appear as Female and Open categories.</p> <p>Any queries in relation to the policy should be please contact Andy O'Rourke at andreworourke@swimireland.ie</p>

The exciting Exhibition Medley 50m Skins finals will return at the 2024 Munster SC Championships subject to time permitting. * The addition of these events will add to the overall championship experience and fun for the athletes and provide a thrilling finale on Friday and Saturday evening for everyone else! The events are kindly sponsored by Swimkit.ie and Swim Munster. The winners of the Skins finals will receive nothing less than a brand new pair of Skins** with great prizes for the 2nd, 3rd and 4th place finalists too!

***Skins finals are subject to time permitting**
****Swim Kit voucher to purchase Skins subject to max value €350**

Munster SC Championships Exhibition Medley Skins Finals Event Conditions

Friday 15th November 2024

Last event of the Finals Session

Eligibility Criteria:	Female and Open competition. This event is open to all competing athletes at the Munster Short Course Championships.
Qualification:	Top 10, all athletes competing in the championships, to qualify from the 200m IM
Competition Rules:	<ul style="list-style-type: none"> • One heat every 90 seconds, order is female, then open. • Stroke is chosen by drawing a ball out of a hat before each heat. • First heat 10 swimmers with the slowest 2 swimmers of each heat eliminated, until there are 2 swimmers left, who will then compete in the final heat. • See page 2 for detailed format of event.

Saturday 16th November 2024

Last event of the Finals Session

Eligibility Criteria:	Female and Open competition. This event is open to all Munster athletes who place 11 – 20 from the 200m IM, including Munster NCL athletes who did not qualify on Friday.
Qualification:	The female and open athletes who finish 11 – 20 from the 200m IM, will be entered into the Skins final.
Competition Rules:	<ul style="list-style-type: none"> • One heat every 90 seconds, order is female, then open. • Stroke is chosen by drawing a ball out of a hat before each heat • First heat 10 swimmers with the slowest 2 swimmers of each heat eliminated, until there are 2 swimmers left, who will then compete in the final heat • See page 2 for detailed format of event.

Prizes

Prizes:	The winners of the Skins finals on Friday and Saturday evening will receive a pair of brand new Skins**, 2 nd prize €100 and 3 rd & 4 th prize €50 – TBC
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All finalists, open & female, will be introduced together at the start of the Skins Finals. They will alternate every 90 seconds until the Skins Finals are completed.

Four Table Tennis Balls, each with the name of a stroke on it, will be placed in a hat. One ball will be drawn prior to the start of each round of the skins to determine what stroke will be swum. The ball will not be returned to the hat, thus ensuring that a different stroke will be swum for each of the subsequent rounds. After round 4, all four balls will be returned to the hat, from where one ball will be drawn to determine the stroke to be swum in the final. A separate draw will be made for both the female and open events.

The first round for both Female & Open Skins Finals will get a 'Full Start' i.e. Short & Long whistle & "Take Your Marks". This will commence during the 90 second interval, ensuring that the start is

on 90 seconds. All remaining rounds will just receive the Start Buzzer.

In each round, the 2 slowest swimmers are eliminated. If there is a 'tie' for elimination, then both swimmers will swim again, with three swimmers eliminated in the next round.

Round 1 =10 finalists Female, followed 90 seconds later by 10 Open.

Round 2 = 8 finalists

Round 3 = 6 finalists

Round 4 = 4 finalists

Round 5 = 2 finalists

Swimmers will remain in their allocated lane throughout the rounds, but in the final round the last two remaining swimmers will be allocated Lanes 4 & 5.

The Start for each round will be every 90 seconds.

ORDER OF EVENTS

Munster Short Course Championships Order of Events		
Day 1	Day 2	Day 3
Session 1: Combined Heats	Session 3: Combined Heats	Session 5: Combined Heats
<ol style="list-style-type: none"> 1. Female 200m IM 2. Open 200m IM 3. Female 400m Freestyle HDW 4. Open 400m Freestyle HDW 5. Female 50m Backstroke 6. Open 50m Backstroke 7. Female 200m Breaststroke 8. Open 200m Breaststroke 9. Female 100m Butterfly 10. Open 100m Butterfly 11. Female 50m Freestyle 12. Open 50m Freestyle 13. Female 200m Freestyle Relay HDW 14. Open 200m Freestyle Relay HDW 	<ol style="list-style-type: none"> 15. Mixed 200m Freestyle Relay HDW 16. Female 200m Freestyle 17. Open 200m Freestyle 18. Female 200m Backstroke 19. Open 200m Backstroke 20. Female 100m Breaststroke 21. Open 100m Breaststroke 22. Female 100m IM 23. Open 100m IM 24. Female 50m Butterfly 25. Open 50m Butterfly 26. Mixed 200m Medley Relay HDW 27. Mixed 800m Freestyle HDW 	<ol style="list-style-type: none"> 28. Female 400m IM HDW 29. Open 400m IM HDW 30. Female 100m Backstroke 31. Open 100m Backstroke 32. Female 50m Breaststroke 33. Open 50m Breaststroke 34. Female 200m Butterfly 35. Open 200m Butterfly 36. Female 100m Freestyle 37. Open 100m Freestyle 38. Female 200m Medley Relay HDW 39. Open 200m Medley Relay HDW 40. Mixed 1500m Freestyle HDW
Session 2: Finals & Presentations	Session 4: Finals & Presentations	Session 6: Finals & Presentations
<p>Female 200m IM 'A' or 'A' & 'B' Finals Open 200m IM 'A' or 'A' & 'B' Finals Female 400m Freestyle HDW (Fastest Heat) Open 400m Freestyle HDW (Fastest Heat) Female 50m Backstroke 'A' or 'A' & 'B' Finals Open 50m Backstroke 'A' or 'A' & 'B' Finals Female 200m Breaststroke 'A' or 'A' & 'B' Finals Open 200m Breaststroke 'A' or 'A' & 'B' Finals Female 100m Butterfly 'A' or 'A' & 'B' Finals Open 100m Butterfly 'A' or 'A' & 'B' Finals Female 50m Freestyle 'A' or 'A' & 'B' Finals Open 50m Freestyle 'A' or 'A' & 'B' Finals Open and Female skins. This event is open to all athletes competing in the Championships who place 1-10 from the 200m IM. Multi Class Finals in 50m & 100m Events where applicable.</p>	<p>Female 200m Freestyle 'A' or 'A' & 'B' Finals Open 200m Freestyle 'A' or 'A' & 'B' Finals Female 200m Backstroke 'A' or 'A' & 'B' Finals Open 200m Backstroke 'A' or 'A' & 'B' Finals Female 10m Breaststroke 'A' or 'A' & 'B' Finals Open 100m Breaststroke 'A' or 'A' & 'B' Finals Female 100m IM 'A' or 'A' & 'B' Finals Open 100m IM 'A' or 'A' & 'B' Finals Female 50m Butterfly 'A' or 'A' & 'B' Finals Open 50m Butterfly 'A' or 'A' & 'B' Finals Mixed 800m Freestyle HDW (Fastest Heat) Open and Female skins. This event is open to all Munster athletes, (including Munster NCL athletes who do not qualify on Friday) who place 11-20 from the 200m IM on Friday. Multi Class Finals in 50m & 100m Events where applicable.</p>	<p>Female 400m IM HDW (Fastest Heat) Open 400m IM HDW (Fastest Heat) Female 100m Backstroke 'A' or 'A' & 'B' Finals Open 100m Backstroke 'A' or 'A' & 'B' Finals Female 50m Breaststroke 'A' or 'A' & 'B' Finals Open 50m Breaststroke 'A' or 'A' & 'B' Finals Female 200m Butterfly 'A' or 'A' & 'B' Finals Open 200m Butterfly 'A' or 'A' & 'B' Finals Female 100m Freestyle 'A' or 'A' & 'B' Finals Open 100m Freestyle 'A' or 'A' & 'B' Finals Mixed 1500m Freestyle HDW (Fastest Heat) Multi Class Finals in 50m & 100m Events where applicable.</p>

MUNSTER SHORT COURSE QUALIFICATION & CONSIDERATION TIMES

Open			QUALIFICATION TIMES	Female		
Born	Born	Born		Born	Born	Born
2008 - 2011	2006 & 2007	2005 & Earlier		2005 & Earlier	2006 & 2007	2008 - 2011
31.23	30.22	29.93	50m Freestyle	34.21	34.42	34.70
1:08.03	1:06.54	1:05.82	100m Freestyle	1:14.05	1:14.11	1:15.07
2:32.56	2:29.89	2:27.96	200m Freestyle	2:42.61	2:43.48	2:43.61
5:25.99	5:17.82	5:15.64	400m Freestyle	5:42.86	5:49.73	5:50.28
11:25.98	11:22.77	11:16.93	800m Freestyle	11:51.87	11:56.98	12:00.03
21:55.21	21:44.83	21:23.63	1500m Freestyle	23:01.40	23:26.23	23:26.25
37.22	35.01	34.96	50m Backstroke	39.03	39.47	40.07
1:19.81	1:15.98	1:15.96	100m Backstroke	1:23.82	1:25.07	1:25.42
2:56.53	2:50.64	2:50.63	200m Backstroke	3:02.43	3:02.45	3:04.13
41.34	39.22	39.09	50m Breaststroke	44.58	45.05	45.08
1:30.44	1:25.92	1:25.90	100m Breaststroke	1:36.33	1:38.26	1:38.28
3:17.91	3:12.62	3:12.50	200m Breaststroke	3:30.45	3:35.31	3:35.32
34.22	32.75	32.35	50m Butterfly	37.32	37.33	37.48
1:17.13	1:14.54	1:14.07	100m Butterfly	1:24.35	1:24.38	1:25.31
2:56.31	2:53.10	2:52.22	200m Butterfly	3:20.80	3:21.78	3:21.79
1:21.56	1:17.59	1:17.49	100m IM	1:25.72	1:26.63	1:26.68
2:53.48	2:50.34	2:48.13	200m IM	3:05.47	3:08.12	3:08.13
6:13.85	6:05.85	6:03.32	400m IM	6:43.88	6:46.74	6:46.75

Open			CONSIDERATION TIMES	Female		
Born	Born	Born		Born	Born	Born
2008 - 2011	2006 & 2007	2005 & Earlier		2005 & Earlier	2006 & 2007	2008 - 2011
32.50	31.45	31.14	50m Freestyle	35.60	35.81	36.11
1:10.80	1:09.25	1:08.49	100m Freestyle	1:17.06	1:17.12	1:18.12
2:38.76	2:35.98	2:33.97	200m Freestyle	2:49.22	2:50.12	2:50.27
5:39.24	5:30.74	5:28.47	400m Freestyle	5:56.80	6:03.94	6:04.52
12:05.02	12:01.63	11:55.45	800m Freestyle	12:32.39	12:37.78	12:41.01
23:10.06	22:59.09	22:36.68	1500m Freestyle	24:20.02	24:46.26	24:46.28
38.73	36.43	36.38	50m Backstroke	40.61	41.08	41.70
1:23.06	1:19.07	1:19.05	100m Backstroke	1:27.23	1:28.52	1:28.90
3:03.71	2:57.57	2:57.56	200m Backstroke	3:09.85	3:09.86	3:11.62
43.02	40.82	40.68	50m Breaststroke	46.39	46.89	46.91
1:34.12	1:29.41	1:29.40	100m Breaststroke	1:40.25	1:42.26	1:42.27
3:25.95	3:20.45	3:20.32	200m Breaststroke	3:39.01	3:44.06	3:44.08
35.61	34.09	33.66	50m Butterfly	38.84	38.85	39.00
1:20.27	1:17.57	1:17.08	100m Butterfly	1:27.78	1:27.81	1:28.78
3:06.34	3:02.95	3:02.03	200m Butterfly	3:32.23	3:33.27	3:33.28
1:24.88	1:20.74	1:20.64	100m IM	1:29.20	1:30.15	1:30.20
3:00.53	2:57.27	2:54.96	200m IM	3:13.01	3:15.76	3:15.78
6:35.12	6:26.67	6:23.99	400m IM	7:06.87	7:09.88	7:09.90